

Tips on How to Quit Smoking

317.234.1787
www.itpc.in.gov
1-800-Quit-Now
www.voice.tv



- Call 1-800-QUIT NOW, Indiana's FREE Tobacco Quitline
- Make a list. Write down why you want to stop smoking.
- Pick a good time to quit. Avoid times when you will be under a lot of stress, especially holidays.
- Throw out all cigarettes, ashtrays and lighters from your home and car.
- Consider changing your daily routine. For example, take a different route to work or school.
- Drink lots of water, eat a balanced diet and get plenty of sleep and avoid alcohol.
- Get support. Tell family, friends and coworkers that you are going to quit. Ask that they not smoke around you or leave cigarettes out where you can see them. Maybe even get one of them to quit with you.
- Be aware that you may not quit on the first try. Most smokers need a few practice runs to quit for good. Be patient, but persistent.
- Be prepared for difficult situations and side effects. Some may experience depression, irritability and headaches.
- Talk with your health care provider. Consider getting help by attending cessation classes and using medications.
- Keep busy! Exercise every day, even if it's just going for a walk. Make a list of what you are going to do instead of smoke. Do something you enjoy!



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